



WELLESEY COUNCIL ON AGING SENIOR LUNCH PROGRAM

November 2018

The Wellesley Council on Aging and the Friends of the Wellesley Council on Aging are thrilled to partner with Express Gourmet of Wellesley (Tuesdays, Thursday, Fridays) and Wellesley Bakery (Mondays and Wednesdays) for our popular senior lunch program. Guests are charged \$4.00 per meal and must sign-up no later than 9:30 a.m. the day prior. Note: Guests under 60 are charged the full price of \$9.00. Lunch is served at 12:00pm. If you're no longer able to attend or will be running late, please alert our office. If we do not hear from you or you do not check in by 12:15pm on the day of lunch, your meal will be given to someone on the waitlist. Please inform COA Staff of any allergies at the time of registration. Please call the Wellesley COA with any questions at 781-235-3961.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>November 1</u> Chicken kabob over rice and veggies and vanilla ice cream	<u>November 2</u> Tomato, pesto, mozzarella panini, bbq chips and chocolate pudding.
<u>November 5</u> Spinach and feta quiche, ½ garden salad and a chocolate chip oatmeal cookie	<u>November 6</u> Chicken Caesar salad and an oatmeal cookie	<u>November 7</u> Roasted chicken on multigrain, chicken soup and a blueberry muffin	<u>November 8</u> American chop suey and a chocolate cupcake	<u>November 9</u> Smoked brisket, cole slaw, garlic bread and vanilla pudding
<u>November 12</u> The COA is Closed and the bus will not run in observance of Veteran's Day	<u>November 13</u> Turkey club panini and coffee ice cream	<u>November 14</u> ½ Chicken tarragon on multigrain, chicken lemon rice soup and an oatmeal cookie	<u>November 15</u> Pulled Pork, Greek pasta salad, garlic bread and cake	<u>November 16</u> Salmon over field green salad and chocolate ice cream
<u>November 19</u> ½ Tuna on multigrain, vegetarian bean soup and a blueberry muffin	<u>November 20</u> Salmon over rice pilaf and veggies and a peanut butter cookie	<u>November 21</u> Quiche Lorraine, small carrot ginger soup and a chocolate chip oatmeal cookie	<u>November 22</u> The COA is closed and the bus will not run. Happy Thanksgiving!	<u>November 23</u> Lunch will not be served and the bus will not run.
<u>November 26</u> Roasted chicken, split pea soup and a chocolate chip cookie	<u>November 27</u> Turkey delight, Utz chips and a chocolate chip cookie	<u>November 28</u> ½ Tuna on multigrain, chicken noodle soup and an oatmeal cookie	<u>November 29</u> Steak tips over vegetables and a chocolate muffin	<u>November 30</u> Chicken broccoli ziti and ice cream

Special Thanks to the Friends of the Wellesley Council on Aging (FWCOA) for subsidizing this senior lunch program. For more information about FWCOA, visit their website: www.wellesleyfriendscoa.com





Free Friday Movies at the Wellesley Council on Aging

November 2018

Movies start at 1:15 p.m.

November 2 : Battle of the Sexes (2017) 2hrs. 2 mins. Movie Ends at 3:17

The 1973 tennis match between Billie Jean King and Bobby Riggs became the most watched televised sports event of all time. Trapped in the media glare, King and Riggs were on opposite sides of a binary argument, but off-court each was fighting more personal and complex battles. With her husband urging her to fight for equal pay, the private King was also struggling to come to terms with her own sexuality, while Riggs gambled his legacy and reputation in a bid to relive the glories of his past.

November 9: LBJ (2017) 1hr. 38 mins. Movie Ends at 2:53

Lyndon Johnson (Woody Harrelson) goes from being a powerful Senate majority leader to a powerless vice president before he becomes the president of the United States following the assassination of John F. Kennedy.

November 16: No Movie Today. Consider attending the Thanksgiving Arts and Crafts Event. For more details, please reference page 4 of the newsletter.

November 23: No Movie will be shown today.

November 30: Chappaquiddick (2018) 1hr. 46mins. Movie Ends at 3:01

On July 18, 1969, Sen. Ted Kennedy drives his car off of a bridge on Massachusetts' Chappaquiddick Island. The accident results in the death of passenger Mary Jo Kopechne, a 28-year-old campaign strategist who worked for Kennedy. The ongoing investigation into the mysterious and scandalous events forever alters his political legacy -- and ultimately changes the course of presidential history.